

# BLUE WAVE AQUATIC COMPETITIVE SWIM

**Message from Coach Yannick & Coach John:**  
Beginning with the summer long course season, the payment program for meet fees will be restructured. Instead of utilizing an escrow account system, we will use billing features through the Team Unify site. Going forward all meet fees and USA Swimming Fees (next year's registration fees), will be collected through a credit card that will be saved on file on the Team Unify site. Set-up instructions will be sent to all account holders in May.

**June 13, 2022 – August 21, 2022**

\*Pre-Team & \*Ripples practice at Medford Fitness. All other levels practice at Larchmont (see Wave website for times)

\*\*With coaches approval, swimmers will practice at Larchmont long course w/ \$55 additional

**\*Pre-Team 1 (5-8 years) or Pre-Team 2 (9-11 years) Mon & Wed: 4:15-5:15pm**

**Per Session: Member Price \$310 Non-Member Price: \$390**

**Attendance Requirement: At Least 2x/week Focus: Stroke technique**

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**\*Bronze -Ripples (12 and under) Mon – Thurs: 4:15- 5:15pm**

**Per Session: Member Price: \$345 Non-Member Price: \$440**

**Attendance Requirement: At least 3x/week Focus: Technique and conditioning**

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**Silver-Surfs (4th-7th grade) or Mavericks (8th-12th grade)**

**Gold-Pre-Elite/Surfs Elite (6th -12th grade)**

**Per Session: Member Price: \$395 Non-Member Price: \$485**

**Attendance Requirement: At least 3x/week Focus: Technique and conditioning**

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**\*\*Seniors-Mavericks Elite (9th -12th grade)**

**Per Session: Member Price: \$430 Non-Member Price: \$520**

**Attendance Requirement: At Least 5x/week Focus: Stroke technique**

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**Want to become a Lifeguard?**

**Lifeguard Certification Class Price \$325**

**\$375 (Dark Water) \$175 (Recertification)**



## SWIM PROGRAM



**3 Nelson Drive, Medford, NJ 08055**

**[www.medfordfitness.com](http://www.medfordfitness.com)**

**609-654-1440**

**Must be 15 years or older. Must meet pre-requisites for swimming.**

**Contact Front Desk for Dates & Times. (609) 654-1440**

# LEARN TO SWIM LESSON PROGRAM

Director: Jen Dorn

Call: 609-654-1440

No matter what your child's age or skill level maybe, we've got you covered in our heated indoor pool!

Our private Learn To Swim Lesson Program offers 1-on-1 attention with an experienced swim instructor who will teach your child the basic swimming strokes with a focus on safety, in and around pools.

Pricing: \$25/swimmer registration fee

- Member price: \$20/ 30min lesson
- Non-member price: \$24/ 30min lesson

Email: [Brittany@medfordfitness.com](mailto:Brittany@medfordfitness.com) for more information



## Technical Lesson Program

**NEW - Vortec Elite Technical Swim Lesson Program!**

These lessons are for those who are looking to perfect their swim mechanics & take their training to the next level.



Our Elite coaches, will use their experience and expertise, to further a swimmer's understanding of stroke mechanics, resulting in improved performance, allowing them to compete at their fullest potential.

**Non-member price: \$40/ 30min lesson**

## What we offer:

**Stroke mechanics, speed and/or endurance training, resistance training, analysis of starts/turns & more, while utilizing the newest technology offered in the Endless Pool.**

**Pricing: \$25/swimmer registration fee**

**Member price: \$35/ 30min lesson**

**Technical Swim Lessons are also available with Yannick Potts**

